

Cast Your Cares

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1 PETER 5:6-11

Using This Study

❶ EXAMINE His Word

What does God SAY? Open your time with prayer. The words God uses to communicate matters, so go back and pay close attention to the details that are emphasized or repeated in the passage.

❷ EXPLORE His Word

What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

❸ EMBRACE His Word

Why does it MATTER to me? Embrace God by responding to what you discover in His word in faith and obedience.



In today's world there are many different trials that we will face. These trials will produce anxieties and worries for us if we let them. The devil is on the prowl looking to take advantage of these opportunities. Often, when we are down or when things seem to be the hardest, is when temptation becomes the most difficult to deal with. We need strong faith and help from God if we are going to be able to overcome these anxieties that produce temptation. This morning we will look at a passage from 1 Peter that gives us understanding about how we can overcome the cares and anxieties of our trials.



① EXAMINE His Word

What does God SAY? Prayerfully note significant details and terms emphasized in the passage.

Read I Peter 5:6-11 (NET)

⁶ And God will exalt you in due time, if you humble yourselves under his mighty hand

⁷ by casting all your cares on him because he cares for you.

⁸ Be sober and alert. Your enemy the devil, like a roaring lion, is on the prowl looking for someone to devour.

⁹ Resist him, strong in your faith, because you know that your brothers and sisters throughout the world are enduring the same kinds of suffering.

¹⁰ And, after you have suffered for a little while, the God of all grace who called you to his eternal glory in Christ will himself restore, confirm, strengthen, and establish you.

¹¹ To him belongs the power forever. Amen.

② EXPLORE His Word

What does God MEAN?

1. How does this passage say we are to humble ourselves before God?

2. What does it mean to “cast our cares on Him?”

3. What helps us resist the devil?

4. What are some things that make it difficult to “cast our cares on Him?”

5. Are there cares or anxieties in your life that are hard to cast off on God?

6. Sometimes our suffering introduces new kinds of temptation. How does temptation increase during trials?

7. After a short time Christ will “restore, confirm, strengthen, and establish” you. How do we remind ourselves of this in the midst of the trial? How do we stay encouraged by this truth?

③ **EMBRACE His Word**

Why does this **MATTER** to me?

Summarize your thoughts on the passage:

Write about what God wants you to **KNOW**, to **FEEL**, and to **DO**...

SERMON NOTES